

CROSS COUNTRY



SEMINOLES

TRACK & FIELD
CROSS COUNTRY



2010 NCAA Championships Men's & Women's Runner-Ups

Men's NCAA Championship Team Results

1981	1. UTEP (17)... 8. Florida State (257)
2003	1. Stanford (24)... 29. Florida State (733)
2004	1. Colorado (90)... 17. Florida State (438)
2005	1. Wisconsin (37)... 18. Florida State (471)
2006	1. Colorado (94)... 30. Florida State (602)
2007	1. Oregon (85)... 20. Florida State (454)
2008	1. Oregon (93)... 26. Florida State (576)
2009	1. Oklahoma St. (127)... 30. Florida State (612)
2010	1. Oklahoma St. (73)... 2. Florida State (193)
2011	1. Wisconsin (97)... 12. Florida State (348)
2012	1. Oklahoma St. (72)... 5. Florida State (238)
2014	1. Colorado (65)... 31. Florida State (822)
2015	1. Syracuse (82)... 29. Florida State (598)
2018	1. Northern Arizona (83)... 31. Florida State (845)
2019	1. BYU (109)... 29. Florida State (694)
2021	1. Northern Arizona (94)... 20. Florida State (517)
2023	1. Oklahoma State (49)... 27. Florida State (620)

Individual Qualifier Results

1968	Ken Misner (55th)
1969	Ken Misner (13th); Del Ramers (142nd)
1970	Ken Misner (42nd); Del Ramers (192nd)
1971	Del Ramers (128th); Robert Brooks (256th)
1980	Larry Greene (151st)
2001	Joep Tigchelaar (71st); Kim Bergdahl (208th)
2002	Joep Tigchelaar (107th)
2013	Bryant Blahnik (220th)
2016	Harry Mulenga (82nd)
2017	Michael Hall (132nd)
2020	Adriaan Wildschutt (2nd)

Women's NCAA Championship Team Results

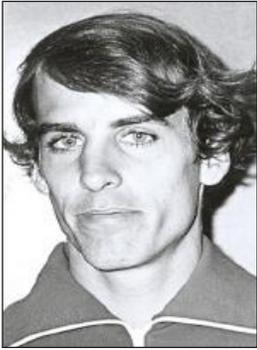
2002	1. BYU (85)... 28. Florida State (657)
2003	1. Stanford (120)... 18. Florida State (455)
2006	1. Stanford (195)... 21. Florida State (436)
2007	1. Stanford (145)... 3. Florida State (236)*
2008	1. Washington (79)... 3. Florida State (163)
2009	1. Villanova (86)... 2. Florida State (133)
2010	1. Villanova (120)... 2. Florida State (154)
2011	1. Georgetown (162)... 4. Florida State (189)
2012	1. Oregon (114)... 4. Florida State (202)
2013	1. Providence (141)... 8. Florida State (278)
2014	1. Michigan State (83)... 12. Florida State (393)
2018	1. Colorado (65)... 26. Florida State (584)
2019	1. Arkansas (96)... 12. Florida State (308)
2020	1. BYU (96)... 15. Florida State (363)
2021	1. NC State (84)... 19. Florida State (468)
2022	1. NC State (114)... 18. Florida State (471)
2024	1. BYU (147)... 24. Florida State (572)

Individual Qualifier Results

2001	Vicky Gill (122nd)
2005	Laura Bowerman (127th)
2016	Carmela Cardama Baez (73rd)
2023	Alyson Churchill (22nd)
2024	Bieke Schipperen (57th); Agnes Mctighe; (130th); Brooke Mullins; (140th) Elizabeth Barlow(176th); Rebecca Bergnes (221th); Addison Boyer (249th); Anna Sentner (253rd)

AIAW Championship Team Results

The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women's



Ken Misner
1969



Herb Wills
1981

FSU All-American Performances

Year	Athlete	Place/Time	Location
1969	Ken Misner	13th/29:57.9	Van Cortland Park, Bronx, N.Y.
1981	Herb Wills	16th/29:44.9	Echo Hills Golf Course, Wichita, Kan.
2005	Andrew Lemoncello	21st/30:07.5	LaVern Gibson Course, Terre Haute, Ind.
2010	Ciaran O'Lionaird	18th/30:14.0	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	28th/30:20.9	LaVern Gibson Course, Terre Haute, Ind.
2011	David Forrester	16th/29:40.6	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	32nd/29:59.2	LaVern Gibson Course, Terre Haute, Ind.
2012	Jakub Zivec	21st/29:47.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
	Breandan O Neill	28th/29:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2020	Adriaan Wildschutt	2nd/29:48.2	OSU Cross Country Course, Stillwater, Okla.
2021	Adriaan Wildschutt	6th/28:52.0	Apalachee Regional Park, Tallahassee, Fla.
	Ahmed Muhumed	20th/29:19.9	Apalachee Regional Park, Tallahassee, Fla.
2023	David Mullarkey	40th/29:50.7	Panorama Famrs, Earlysville, Va.



Andrew Lemoncello
2005



Ciaran O'Lionaird
2010



Mike Fout
2010, 2011



David Forrester
2011



Jakub Zivec
2012



Breandan O Neill
2012



Adriaan Wildschutt
2020, 2021



Ahmed Muhumed
2021



David Mullarkey
2023



Clockwise from top photo: The 2012 team, including All-Americans Jakub Zivec and Breandan O Neill, celebrate their fifth-place team finish. Above, Mike Fout, a one-time Foot Locker national champion, is the only two-time All-American for the men. At the left, coach John Brogle celebrate with Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish.

FSU All-American Performances

Year	Athlete	Place/Time	Location
1981	Darien Andreu	20th / 18:28	Highland Golf Course, Pocatello, Idaho#
2002	Vicky Gill	15th / 20:07.4	LaVern Gibson Course, Terre Haute, Ind.
2003	Vicky Gill	11th / 20:08.5	Irv Warren Golf Course, Waterloo, Iowa
2003	Natalie Hughes	43rd / 20:50.1	Irv Warren Golf Course, Waterloo, Iowa
2006	Susan Kuijken	27th / 21:17.1	LaVern Gibson Course, Terre Haute, Ind.
2007	Susan Kuijken	3rd / 19:57.2	LaVern Gibson Course, Terre Haute, Ind.
2007	Barbara Parker	7th / 20:17.0	LaVern Gibson Course, Terre Haute, Ind.
2008	Susan Kuijken	2nd / 19:34.9	LaVern Gibson Course, Terre Haute, Ind.
2008	Pilar McShine	29th / 20:34.5	LaVern Gibson Course, Terre Haute, Ind.
2008	Lesley Van Meirt	38th / 20:41.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Susan Kuijken	3rd / 19:57.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Pasca Cheruiyot	16th / 20:22.2	LaVern Gibson Course, Terre Haute, Ind.
2009	Amanda Winslow	39th / 20:43.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Pilar McShine	9th / 20:24.4	LaVern Gibson Course, Terre Haute, Ind.
2010	Pasca Cheruiyot	17th / 20:30.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Jessica Parry	22nd / 20:38.3	LaVern Gibson Course, Terre Haute, Ind.
2011	Hannah Brooks	28th / 20:18.1	LaVern Gibson Course, Terre Haute, Ind.
2011	Amanda Winslow	34th / 20:24.3	LaVern Gibson Course, Terre Haute, Ind.
2012	Violah Lagat	11th / 19:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Colleen Quigley	12th / 19:53.2	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Amanda Winslow	17th / 20:02.4	E.P. "Tom" Sawyer Park, Louisville, Ky.
2013	Colleen Quigley	6th / 20:11.3	LaVern Gibson Course, Terre Haute, Ind.
2014	Colleen Quigley	23rd / 20:29.9	LaVern Gibson Course, Terre Haute, Ind.
2018	Militsa Mircheva	25th / 20:32.9	Zimmer Course, Madison, Wisc.
2020	Maudie Skyring	23rd / 20:40.5	OSU Cross Country Course/Stillwater, Okla.
2020	Rebecca Clark	40th / 20:59.3	OSU Cross Country Course/Stillwater, Okla.
2021	Lauren Ryan	26th / 19:50.1	Apalachee Regional Park, Tallahassee, Fla.
2023	Alyson Churchill	22nd / 19:53.6	Panorama Famsr, Earlysville, VA.

- AIAW All-American



Darien Andreu
1981



Vicky Gill
2002, 2003



Natalie Hughes
2003



Susan Kuijken
2006-2009



Barbara Parker
2007



Pilar McShine
2008, 2010



Lesley Van Meirt
2008



Pasca Cheruiyot
2009, 2010



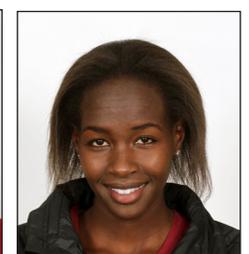
Amanda Winslow
2009, 2011, 2012



Jessica Parry
2010



Hannah Brooks
2011



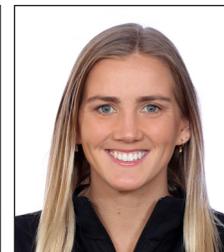
Violah Lagat
2012



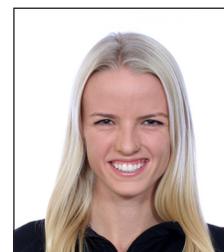
Colleen Quigley
2012, 2013, 2014



Militsa Mircheva
2018



Maudie Skyring
2020



Rebecca Clark
2020



Lauren Ryan
2021

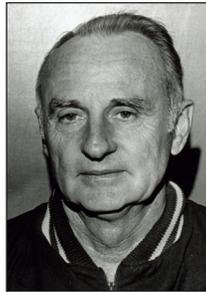


Alyson Churchill
2023

**All-Time
Men's Coaches**



Verlyn Giles
1962



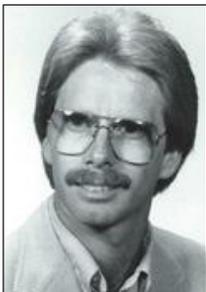
Mike Long
1963, 1966-68



Dick Roberts
1964-65, 1969-77



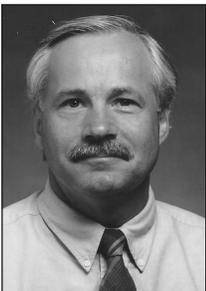
John Brogle
1978-84



Al Schmidt
1985-88



Sue Addison
1989-91



Scott Irving
1992-99



Bob Braman
2000-2023



Matt Kane
2024-present

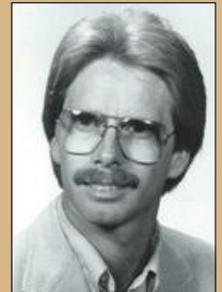
**All-Time
Women's Coaches**



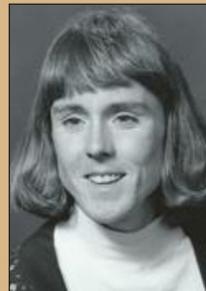
Paul Toran
1974-79



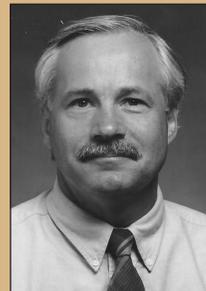
Roger Smith
1980-81



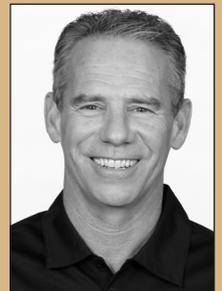
Al Schmidt
1982-88



Sue Addison
1989-93



Scott Irving
1994-99



Bob Braman
2000-06, 2021-2022



Karen Harvey
2007-2014



Kelly Phillips
2015-2020

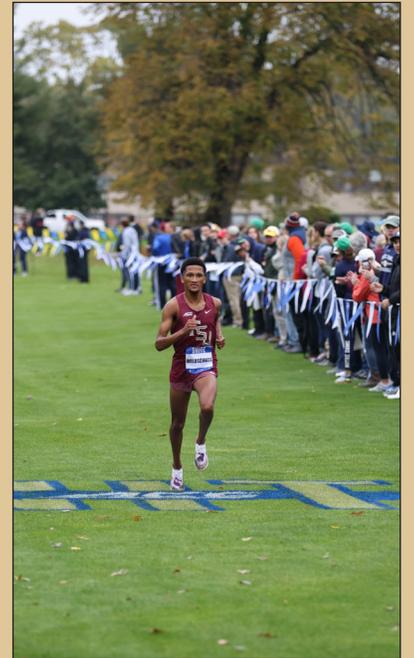


Cody Halsey
2023-present

All-ACC Honors

2001 Joep Tigchelaar	Daniel Roberts	Stanley Linton
2002 Joep Tigchelaar	2010 David Forrester	2016 Harry Mulenga
2003 Joep Tigchelaar	Matt Leeder	2017 David Barney
2004 Andrew Lemoncello*	Ciaran O'Lionaird	2018 Wes Rickman
Ian Hornabrook	Wes Rickman	2019 Caleb Pottorff
Tom Lancashire	Jakub Zivec	2021 Kasey Knevelbaard
Eddie Rodriguez	2011 Michael Fout	Paul Stafford
2005 Andrew Lemoncello*	David Forrester	2021 Adriaan Wildschutt*
Tom Lancashire	Breandan O'Neill	Ahmed Muhumed
Sean Burris	Seth Proctor	2022 Fearghal Curtain
Phil Nicholls	2012 Breandan O'Neill	2023 David Mullarkey
2006 Tom Lancashire	David Forrester	Abdirizak Ibrahim
Andrew Lemoncello	Jakub Zivec	
2008 Steeve Gabart	2013 Matt Mizereck	
Matt Leeder	Bryant Blahnik	
2009 Matt Leeder	Josh Gracia	
Ciaran O'Lionaird	2014 Tyler Udland	
	Jack Goodwin	
	Zak Seddon	
	2015 Harry Mulenga	

* - ACC Individual Champion



Adriaan Wildschutt brought home FSU's third individual title in 2021. The only other Seminole to win an ACC title in school history was Andrew Lemoncello, who went back-to-back in 2004 and 2005.

ACC Performers of the Week

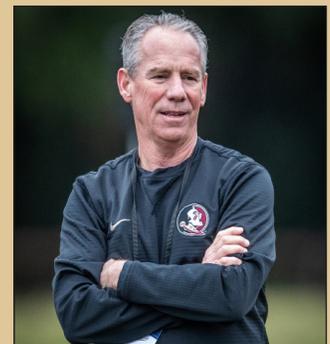
2004 Sept. 7 Luke Beevor Sept. 14 Andrew Lemoncello	2015 Sept. 8 Jack Goodwin Sept. 22 Zak Seddon	Oct. 4 Adriaan Wildschutt
Oct. 4 Andrew Lemoncello	2016 Sept. 2 Steven Cross* Sept. 6 Harry Mulenga Sept. 20 Harry Mulenga	Oct. 19 Adriaan Wildschutt
Oct. 18 Andrew Lemoncello	Oct. 4 Steven Cross*	2022 Sept. 6 Ferghal Curtin Sept. 16 Fearghal Curtin
2005 Sept. 19 Andrew Lemoncello	Oct. 11 Steven Cross* Oct. 11 Michael Callegari	2023 Sept. 5 Abdirizak Ibrahim Oct. 3 David Mullarkey
Oct. 3 Andrew Lemoncello	2017 Sept. 20 David Barney Oct. 11 Michael Hall	2024 Oct. 8 Kaden Ievings Oct. 15 Lucas Bouquot
2006 Oct. 16 Andrew Lemoncello	2018 Sept. 5 Caleb Pottorff Sept. 19 Caleb Pottorff	
2007 Sept. 4 Mark Buckingham	2019 Sept. 4 Kasey Knevelbaard Oct. 16 Jacob Holmes Oct. 23 Kasey Knevelbaard	
2008 Sept. 22 Luke Gunn Oct. 6 Luke Gunn Oct. 20 Daniel Roberts	2020 Sept. 23 Paul Stafford Oct. 21 Paul Stafford Feb. 10 Adriaan Wildschutt	
2010 Oct. 11 Justin Harbor	March 10 Adriaan Wildschutt	
2011 Sept. 6 Scott Proctor Oct. 4 Michael Fout	2021 Sept. 7 Adriaan Wildschutt Sept. 21 Adriaan Wildschutt	
2012 Sept. 4 Paul Lagno Sept. 18 Zak Seddon Oct. 2 Jakub Zivec		
2013 Sept. 4 Zak Seddon Oct. 15 Sean Quinn		

Men's ACC Awards

ACC Runner of the Year
Adriaan Wildschutt - 2021

ACC Freshman of the Year
Joep Tigchelaar - 2001
Wes Rickman - 2009
Jakub Zivec - 2010
A.J. del Valle - 2011

ACC Coach of the Year
Bob Braman - 2003
Bob Braman - 2010



Men's ACC Championship Results

1992 @Raleigh, NC

1. NC State	46
2. Wake Forest	48
3. Clemson	91
4. North Carolina	105
5. Georgia Tech	106
6. Virginia	122
7. Maryland	211
8. Florida State	230
9. Duke	233

1993 @Clemson, SC

1. Wake Forest	36
2. NC State	59
3. Clemson	69
4. Georgia Tech	92
5. Virginia	118
6. Duke	183
7. North Carolina	211
8. Florida State	220
9. Maryland	237

1994 @Atlanta, GA

1. Wake Forest	46
2. NC State	53
3. Georgia Tech	108
4. North Carolina	110
5. Clemson	114
6. Virginia	127
7. Duke	176
8. Maryland	200
9. Florida State	273

1995 @Winston-Salem, NC

1. NC State	18
2. Wake Forest	67
3. North Carolina	121
4. Virginia	133
5. Duke	148
6. Clemson	152
7. Georgia Tech	161
8. Maryland	161
9. Florida State	230

1996 @College Park, MD

1. NC State	30
2. Wake Forest	40
3. North Carolina	82
4. Duke	114
5. Clemson	127
6. Virginia	143
7. Florida State	217
8. Georgia Tech	222
9. Maryland	231

1997 @Tallahassee, FL

1. NC State	24
2. Wake Forest	73
3. Clemson	75
4. North Carolina	86
5. Duke	117
6. Virginia	184
7. Georgia Tech	188
8. Maryland	220
9. Florida State	232

1998 @Charlottesville, VA

1. NC State	26
2. Duke	75
3. Clemson	94
4. Virginia	101
5. North Carolina	121
6. Wake Forest	169
7. Georgia Tech	201
8. Florida State	210
9. Maryland	248

1999 @Chapel Hill, NC

1. NC State	16
2. Duke	70
3. Wake Forest	99
4. Virginia	106
5. Clemson	126
6. Georgia Tech	162

7. North Carolina	179
8. Florida State	218
9. Maryland	249

2000 @Raleigh, NC

1. Duke	39
2. NC State	49
3. Virginia	54
4. Wake Forest	84
5. North Carolina	163
6. Clemson	180
7. Florida State	188
8. Georgia Tech	218
9. Maryland	262

2001 @Clemson, SC

1. NC State	26
2. Wake Forest	45
3. Duke	94
4. Virginia	114
5. Florida State	134
6. Georgia Tech	153
7. Clemson	187
8. North Carolina	221
9. Maryland	274

2002 @Atlanta, GA

1. NC State	17
2. Duke	69
3. Virginia	95
4. Clemson	103
5. Florida State	123
6. Wake Forest	148
7. North Carolina	187
8. Maryland	219
9. Georgia Tech	243

2003 @Winston-Salem, NC

1. NC State	27
2. Florida State	66
3. Virginia	83
4. Clemson	130
5. Wake Forest	139
6. Georgia Tech	156
7. Maryland	161
8. North Carolina	183
9. Duke	206

2004 @College Park, MD

1. NC State	47
2. Florida State	48
3. Virginia	85
4. Clemson	87
5. Duke	99
6. Wake Forest	172
7. Maryland	198
8. Georgia Tech	227
9. Virginia Tech	249
10. North Carolina	295
11. Miami	313

2005 @Tallahassee, FL

1. Virginia	30
2. Florida State	38
3. NC State	103
4. Wake Forest	136
5. Duke	142
6. Virginia Tech	174
7. Clemson	175
8. North Carolina	198
9. Boston College	201
10. Maryland	304
11. Miami	342
12. Georgia Tech	356

2006 @Charlottesville, VA

1. NC State	31
2. Florida State ~	79
3. Virginia	87
4. Duke	124
5. Clemson	132
6. Virginia Tech	145
7. Boston College	196
8. North Carolina	213

9. Wake Forest	217
10. Maryland	261
11. Georgia Tech	315
12. Miami	348

2007 @Charlottesville, VA

1. Virginia	32
2. NC State	39
3. Florida State ~	130
4. Clemson	137
5. Virginia Tech	139
6. Duke	156
7. Wake Forest	193
8. Boston College	195
9. Maryland	206
10. North Carolina	246
11. Georgia Tech	271
12. Miami	381

2008 @Chapel Hill, NC

1. Virginia	40
2. NC State	56
3. Virginia Tech	75
4. Florida State	80
5. Duke	127
6. Maryland	199
7. Boston College	199
8. North Carolina	209
9. Clemson	212
10. Georgia Tech	239
11. Wake Forest	342
12. Miami	372

2009 @Cary, NC

1. NC State	56
2. Virginia	71
3. Florida State	72
4. Duke	74
5. Virginia Tech	122
6. North Carolina	138
7. Maryland	219
8. Georgia Tech	239
9. Wake Forest	281
10. Boston College	287
11. Clemson	293
12. Miami	395

2010 @Boston, MA

1. Florida State	43
2. NC State	81
3. North Carolina	84
4. Virginia	92
5. Duke	93
6. Wake Forest	209
7. Virginia Tech	242
8. Maryland	244
9. Boston College	254
10. Clemson	267
11. Georgia Tech	271
12. Miami	357

2011 @Clemson, SC

1. NC State	51
2. Florida State	55
3. North Carolina	84
4. Virginia Tech	116
5. Duke	116
6. Virginia	169
7. Wake Forest	212
8. Maryland	232
9. Georgia Tech	239
10. Clemson	268
11. Boston College	281
12. Miami	372

2012 @Blacksburg, VA

1. Virginia Tech	55
2. Virginia	61
3. Florida State	62
4. NC State	74
5. Duke	112
6. North Carolina	149

7. Wake Forest	209
8. Boston College	246
9. Georgia Tech	272
10. Clemson	280
11. Miami	242

2013 @Kernersville, NC

1. Syracuse	64
2. North Carolina	84
3. Notre Dame	105
4. Virginia	108
5. Virginia Tech	120
6. Duke	137
7. Florida State	145
8. NC State	154
9. Georgia Tech	256
10. Wake Forest	274
11. Clemson	341
12. Pitt	366
13. Miami	409

2014 @Charlottesville, VA

1. Syracuse	32
2. NC State	90
3. North Carolina	95
4. Virginia	121
5. Florida State	158
6. Virginia Tech	163
7. Notre Dame	189
8. Louisville	191
9. Clemson	245
10. Georgia Tech	277
11. Wake Forest	291
12. Duke	296
13. Pitt	353
14. Boston College	435
15. Miami	500

2015 @Tallahassee, FL

1. Syracuse	46
2. NC State	95
3. Virginia	115
4. Virginia Tech	120
5. Louisville	130
6. Notre Dame	147
7. Florida State	172
8. Duke	187
9. North Carolina	189
10. Georgia Tech	209
11. Clemson	318
12. Boston College	360
13. Pitt	368
14. Wake Forest	410
15. Miami	488

2016 - @Cary, N.C.

1. Syracuse	29
2. Virginia	72
3. NC State	82
4. Virginia Tech	128
5. Florida State	134
6. North Carolina	182
7. Louisville	203
8. Georgia Tech	224
9. Pitt	246
10. Notre Dame	257
11. Duke	311
12. Boston College	337
13. Wake Forest	345
14. Clemson	346
15. Miami	440

2017 @Louisville, KY

1. Syracuse	27
2. Virginia Tech	73
3. NC State	98
4. Virginia	100
5. Florida State	152
6. Wake Forest	182
7. Notre Dame	206
8. Georgia Tech	238
9. Duke	261

10. Pitt	285
11. North Carolina	315
12. Clemson	345
13. Miami	370
14. Boston College	378
15. Louisville	384

2018 @Boston, MA

1. Notre Dame	57
2. Syracuse	61
3. NC State	85
4. Virginia	128
5. Wake Forest	154
6. Virginia Tech	183
7. Florida State	186
8. Duke	205
9. North Carolina	232
10. Louisville	245
11. Georgia Tech	250
12. Boston College	353
13. Pitt	358
14. Clemson	395
15. Miami	491

2019 @Blacksburg, VA

1. Syracuse	68
2. Notre Dame	73
3. Virginia Tech	100
4. Virginia	100
5. Wake Forest	116
6. Florida State	155
7. Duke	162
8. NC State	164
9. Georgia Tech	255
10. North Carolina	298
11. Pitt	315
12. Louisville	341
13. Boston College	405
14. Clemson	412
15. Miami	466

2020 @Cary, N.C.

1. Notre Dame	40
2. NC State	54
3. Wake Forest	86
4. Virginia	92
5. Duke	134
6. Syracuse	135
7. North Carolina	196
8. Virginia Tech	222
9. Florida State	225
10. Pittsburgh	282
11. Clemson	335
12. Georgia Tech	342
13. Louisville	384
14. Boston College	457
15. Miami	472

2021 @Notre Dame, Ind.

1. Notre Dame	32
2. Syracuse	84
3. Wake Forest	104
4. North Carolina	110
5. Florida State	134
6. NC State	141
7. Duke	161
8. Virginia	211
9. Virginia Tech	273
10. Louisville	292
11. Pitt	299
12. Georgia Tech	341
13. Boston College	436
14. Clemson	446
15. Miami	479

2022 @Earlsville, Va.

1. Wake Forest	44
2. Syracuse	86
3. North Carolina	87
4. Notre Dame	92

5. NC State	118
6. Virginia	125
7. Duke	181
8. Virginia Tech	251
9. Florida State	255
10. Pitt	292
11. Georgia Tech	319
12. Louisville	324
13. Clemson	359
14. Boston College	451
15. Miami	455

2023 @Tallahassee, Fla.

1. North Carolina	49
2. Syracuse	65
3. Virginia	77
4. Notre Dame	86
5. Florida State	117
6. Wake Forest	131
7. Duke	205
8. NC State	207
9. Pitt	277
10. Georgia Tech	280
11. Virginia Tech	312
12. Clemson	332
13. Louisville	429
14. Miami	470

2024 @Cary, North Carolina.

1. Wake Forest	60
2. Stanford	69
3. North Carolina	80
4. Virginia	94
5. Syracuse	122
6. Notre Dame	127
7. NC State	210
8. Virginia Tech	213
9. California	290
10. Florida State	296
11. Duke	345
12. Georgia Tech	370
13. Pittsburgh	373
14. Boston College	389
15. Louisville	416
16. Clemson	431
17. Miami	498



FSU won its fifth and most recent NCAA South Region title in 2015 at Alabama.

All-Region Honors

2002
 Nathan Adams
 Joep Tigchelaar
 Maarten van de Heuvel
2003
 Luke Beevor
 Kevin Cook
 Ian Hornabrook
 Eddie Rodriguez
 Joep Tigchelaar
2004
 Andrew Lemoncello*
 Ian Hornabrook
 Tom Lancashire
 Eddie Rodriguez
2005
 Andrew Lemoncello*
 Sean Burris
 Kevin Cook
 Tom Lancashire
 Phil Nicholls
2006
 Mark Buckingham
 Luke Gunn
 Tom Lancashire
 Andrew Lemoncello
2007
 Mark Buckingham
 Luke Gunn
 Steeve Gabart
 Matt Leeder
 Daniel Roberts
2008
 Steeve Gabart
 Jason Lakritz
 Matt Leeder
 Daniel Roberts
 Nick Sunseri
2009
 Matt Leeder
 Ciaran O'Lionaird
 Wes Rickman

Daniel Roberts
2010
 Ciaran O'Lionaird*
 Michael Fout
 Matt Leeder
 Seth Proctor
 Wes Rickman
 Alex Smyth
2011
 David Forrester*
 Michael Fout
 Breandan O'Neill
 Seth Proctor
 Jakub Zivec
2012
 Jakub Zivec*
 Breandan O'Neill
 Wes Rickman
 Seth Proctor
 David Forrester
 Zak Seddon
 Paul Lagno
2013
 Bryant Blahnik
 Josh Gracia
 Zak Seddon
 Kevin Johnson
2014
 Tyler Udland
 Jack Goodwin
 Zak Seddon
2015
 Harry Mulenga
 Zak Seddon
 Jack Goodwin
 Stanley Linton
 Grant Nykaza
2016
 Harry Mulenga
2017
 Michael Hall
 David Barney

Stanley Linton
2018
 Caleb Pottorff
 Steven Cross
 Toby Hardwick
 Paul Stafford
2019
 Caleb Pottorff
 Steven Cross
2021
 Adriaan Wildschutt*
 Ahmed Muhumed
2022
 Fearghal Curtin
 Cooper Schroeder
2023
 David Mullary
 Abdirizak Ibrahim
 Cooper Schroeder
 Ahmed Ibrahim
2024
 Zach Cloud
 Zach Leachman
 Joe Farley
 * - NCAA South Region
 champion
**Multiple All-Region
 Selections**
 Matt Leeder 4
 Zak Seddon 4
 Joep Tigchelaar 3
 Tom Lancashire 3
 Andrew Lemoncello 3
 Daniel Roberts 3
 Wes Rickman 3
 Seth Proctor 3
 Dave Guerra, Ian Hornabrook,
 Eddie Rodriguez, Kevin Cook,
 Luke Gunn, Mark Buckingham,
 Steve Gabart, Ciaran O'Li-
 onaird, Michael Fout, David
 Forrester, Breandan O'Neill,

NCAA South Region Finishes

2000	1. Alabama (47)... 3. Florida State (253)
2001	1. Alabama (55)... 3. Florida State (85)
2002	1. Tennessee (51)... 4. Florida State (104)
2003	1. Georgia (37)... 2. Florida State (64)
2004	1. Florida State (59)... 2. Florida (71)
2005	1. Alabama (40)... 2. Florida State (47)
2006	1. Florida State (67)... 2. Alabama (88)
2007	1. Alabama (28)... 2. Florida State (52)
2008	1. Alabama (49)... 3. Florida State (66)
2009	1. Alabama (45)... 2. Florida State (80)
2010	1. Alabama (30)... 2. Florida State (55)
2011	1. Florida State (40)... 2. Florida (68)
2012	1. Florida State (27)... 2. Georgia (48)
2013	1. Georgia (72)... 3. Florida State (101)
2014	1. Mississippi (52)... 2. Florida State (94)
2015	1. Florida State (58)... 2. Mississippi (62)
2016	1. Mississippi (46)... 3. Florida State (127)
2017	1. Middle Tennessee (71)... 4. Florida State (128)
2018	1. Mississippi (45)... 2. Florida State (92)
2019	1. Mississippi (69)... 4. Florida State (136)
2020	No Meet - COVID-19
2021	1. Mississippi (68)... 3. Florida State (112)
2022	1. Tennessee (39)... 4. Florida State (134)
2023	1. Tennessee (68)... 2. Florida State (71)
2024	1. Alabama (80)... 4. Florida State (112)



NCAA South Region Athlete of the Year

2010	Ciaran O'Lionaird
2011	David Forrester
2012	Jakub Zivic
2020	Adriaan Wildschutt
2021	Adriaan Wildschutt

NCAA South Region Coach of the Year

2004	Bob Braman
2005	Bob Braman
2011	Bob Braman
2012	Bob Braman
2015	Bob Braman

All-ACC Honors

1995

Kirsten Birmelin

2000

Amy Pleckaitis

2001

Vicky Gill

2002

Vicky Gill

2003

Vicky Gill

2006

Susan Kuijken

2007

Susan Kuijken*

Barbara Parker

2008

Susan Kuijken*

Pilar McShine

Linzi Snow

Lesley Van Miert

Lydia Willemse

2009

Susan Kuijken*

Pasca Cheruiyot

Jennifer Dunn

Pilar McShine

Jessica Parry

2010

Pasca Cheruiyot

Pilar McShine

Astrid Leutert

2011

Amanda Winslow

Hannah Brooks

Jessica Parry

Violah Lagat

Colleen Quigley

Kayleigh Tyerman

2012

Violah Lagat*

Colleen Quigley

Kayleigh Tyerman

Amanda Winslow

Georgia Peel

2013

Colleen Quigley

Hannah Walker

Linden Hall

Pippa Woolven

Carly Thomas

2014

Colleen Quigley

Linden Hall

Pippa Woolven

2015

Carmela Cardama Baez

2016

Carmela Cardama Baez

2017

Militsa Mircheva

2018

Militsa Mircheva

Elizabeth Funderburk

2019

Lauren Ryan

Elizabeth Funderburk

Maudie Skyring

2020

Addi Coggins

Elizabeth Funderburk

2021

Lauren Ryan

Maudie Skyring

2022

Agnes McTighe

Emmy van den Berg

2023

Alyson Churchill

2024

Agnes McTighe

Bieke Schipperen

* - ACC Individual Champion



Susan Kuijken won three consecutive ACC individual cross country titles (2007-09).

ACC Performers of the Week

2007

Sept. 4 Susan Kuijken

Sept. 15 Pilar McShine

Oct. 2 Susan Kuijken

Oct. 16 Susan Kuijken

Oct. 23 Susan Kuijken

2008

Oct. 20 Susan Kuijken

Nov. 3 Susan Kuijken

2009

Oct. 19 Susan Kuijken

2010

Oct. 18 Amanda Winslow

2011

Oct. 4 Amanda Winslow

Oct. 18 Amanda Winslow

2012

Sept. 4 Linden Hall

Oct. 2 Colleen Quigley

Oct. 16 Violah Lagat

Oct. 30 Violah Lagat

2013

Sept. 4 Hannah Walker

Oct. 15 Colleen Quigley

Oct. 22 Colleen Quigley

2014

Sept. 23 Colleen Quigley

Oct. 7 Colleen Quigley

2015

Sept. 8 Georgia Peel

2016

Sept. 16 Carmela Cardama Baez

Oct. 11 Bridget Blake

Oct. 11 Megan Mooney*

2017

Sept. 6 Militsa Mircheva

Sept. 20 Militsa Mircheva

Oct. 11 Militsa Mircheva

Oct. 11 Jodie Judd*

2018

Sept. 5 Militsa Mircheva

Sept. 5 Elizabeth Funderburk*

Oct. 2 Elizabeth Funderburk*

Oct. 23 Ella Swigler *

2019

Sept. 4 Lauren Ryan

Oct. 2 Erin Phelps

Oct. 2 Yasmine Abbes*

Oct. 16 Erin Phelps

Oct. 16 Yasmine Abbes*

Oct. 23 Elizabeth Funderburk

2020

Oct. 7 Alyson Churchill*

Oct. 21 Addi Coggins

2021

Sept. 7 Lauren Ryan

2022

Oct. 11 Jane Eiselstein*

2023

Sept. 5 Alyson Churchill

chill

Sept. 19 Alyson Churchill

chill

2024

Sept. 3 Lily Guinn*

Oct. 8 Jane Eiselstein

Oct. 15 Nicole Dinan

Oct. 15 Nicole Dinan

* - Freshman of the Week

Women's ACC Awards



Violah Lagat won the inaugural ACC Performer of the Year award in 2012..

ACC Performer of the Year

Violah Lagat - 2012

Colleen Quigley - 2013

ACC Freshman of the Year

Colleen Quigley - 2011

**ACC Coach of the Year**

Karen Harvey - 2007

Karen Harvey - 2008

Karen Harvey - 2009

Karen Harvey - 2010

Karen Harvey - 2011

Karen Harvey - 2012

Karen Harvey - 2013

Women's ACC Championship Results

1992 @Raleigh, NC

1. NC State	38
2. Wake Forest	41
3. Virginia	57
4. North Carolina	57
5. Florida State	164
6. Clemson	165
7. Georgia Tech	176
8. Duke	200
9. Maryland	245

1993 @Clemson, SC

1. NC State	46
2. Virginia	64
3. Clemson	72
4. North Carolina	73
5. Wake Forest	118
6. Georgia Tech	178
7. Florida State	195
8. Duke	199
9. Maryland	224

1994 @Atlanta, GA

1. North Carolina	40
2. Wake Forest	48
3. Georgia Tech	68
4. Virginia	87
5. Clemson	97
6. Duke	171
7. Maryland	194
8. Florida State	235

1995 @Winston-Salem, NC

1. NC State	40
2. Wake Forest	70
3. North Carolina	108
4. Virginia	116
5. Georgia Tech	128
6. Clemson	135
7. Duke	153
8. Maryland	212
9. Florida State	220

1996 @College Park, MD

1. NC State	38
2. North Carolina	49
3. Virginia	98
4. Clemson	101
5. Wake Forest	103
6. Georgia Tech	133
7. Duke	199
8. Maryland	218
9. Florida State	247

1997 @Tallahassee, FL

1. NC State	28
2. Wake Forest	48
3. North Carolina	70
4. Virginia	110
5. Duke	111
6. Clemson	157
7. Georgia Tech	161
8. Maryland	227
9. Florida State	247

1998 @Charlottesville, VA

1. NC State	32
2. North Carolina	65
3. Wake Forest	75
4. Clemson	99
5. Virginia	114
6. Duke	155
7. Georgia Tech	161
8. Florida State	220
9. Maryland	223

1999 @Chapel Hill, NC

1. North Carolina	44
2. NC State	56
3. Virginia	77
4. Wake Forest	96
5. Duke	104
6. Clemson	163
7. Georgia Tech	167

8. Florida State	214
9. Maryland	259

2000 @Raleigh, NC

1. NC State	43
2. North Carolina	52
3. Wake Forest	92
4. Duke	106
5. Virginia	107
6. Florida State	128
7. Georgia Tech	143
8. Clemson	253
9. Maryland	263

2001 @Clemson, SC

1. NC State	39
2. North Carolina	55
3. Virginia	80
4. Georgia Tech	107
5. Duke	136
6. Wake Forest	149
7. Florida State	156
8. Maryland	263
9. Clemson	273

2002 @Atlanta, GA

1. NC State	61
2. Wake Forest	61
3. Virginia	78
4. Duke	81
5. North Carolina	88
6. Florida State	134
7. Maryland	203
8. Georgia Tech	214
9. Clemson	284

2003 @Winston-Salem, NC

1. North Carolina	40
2. NC State	44
3. Wake Forest	62
4. Duke	120
5. Florida State	135
6. Virginia	142
7. Maryland	209
8. Georgia Tech	229
9. Clemson	282

2004 @College Park, MD

1. Duke	29
2. North Carolina	56
3. NC State	71
4. Wake Forest	94
5. Virginia	163
6. Florida State	168
7. Virginia Tech	197
8. Maryland	205
9. Clemson	270
10. Georgia Tech	272
11. Miami	305

2005 @Tallahassee, FL

1. Duke	20
2. NC State	91
3. Wake Forest	104
4. Boston College	106
5. North Carolina	128
6. Virginia	177
7. Florida State	196
8. Maryland	214
9. Virginia Tech	235
10. Georgia Tech	281
11. Miami	323
12. Clemson	327

2006 @Charlottesville, VA

1. NC State	59
2. Duke	88
3. Virginia	104
4. Florida State	118
5. Virginia Tech	123
6. North Carolina	138
7. Boston College	150
8. Wake Forest	166

9. Georgia Tech	194
10. Maryland	217
11. Clemson	343
12. Miami	384

2007 @Charlottesville, VA

1. Florida State	64
2. NC State	102
3. Boston College	106
4. North Carolina	118
5. Virginia Tech	121
6. Duke	123
7. Wake Forest	127
8. Virginia	160
9. Maryland	236
10. Clemson	257
11. Georgia Tech	277
12. Miami	390

2008 @Chapel Hill, NC

1. Florida State	27
2. Boston College	106
3. Wake Forest	112
4. Duke	124
5. Virginia	124
6. North Carolina	137
7. Virginia Tech	150
8. Clemson	170
9. Maryland	236
10. NC State	262
11. Georgia Tech	289
12. Miami	392

2009 @Cary, NC

1. Florida State	37
2. Duke	71
3. Virginia	84
4. NC State	109
5. North Carolina	137
6. Boston College	144
7. Maryland	192
8. Wake Forest	204
9. Clemson	221
10. Virginia Tech	284
11. Georgia Tech	312
12. Miami	380

2010 @Boston, MA

1. Florida State	52
2. Virginia	75
3. Duke	99
4. Boston College	100
5. North Carolina	123
6. NC State	137
7. Wake Forest	206
8. Virginia Tech	207
9. Clemson	208
10. Maryland	311
11. Georgia Tech	315
12. Miami	353

2011 @Clemson, SC

1. Florida State	20
2. Boston College	79
3. Virginia	113
4. NC State	113
5. North Carolina	118
6. Clemson	159
7. Duke	161
8. Virginia Tech	180
9. Maryland	258
10. Wake Forest	264
11. Georgia Tech	328
12. Miami	369

2012 @Blacksburg, VA

1. Florida State	35
2. Duke	67
3. Boston College	82
4. NC State	86
5. North Carolina	152
6. Virginia	170
7. Clemson	191

8. Wake Forest	222
9. Georgia Tech	258
10. Virginia Tech	260
11. Maryland	296
12. Miami	350

2013 @Kernersville, NC

1. Florida State	52
2. Virginia	65
3. Syracuse	108
4. Notre Dame	124
5. Duke	130
6. Boston College	151
7. NC State	183
8. Virginia Tech	188
9. North Carolina	204
10. Wake Forest	246
11. Clemson	336
12. Georgia Tech	389
13. Pitt	399
14. Maryland	404
15. Miami	447

2014 @Charlottesville, VA

1. North Carolina	57
2. Florida State	99
3. Virginia	109
4. NC State	119
5. Notre Dame	132
6. Virginia Tech	161
7. Boston College	162
8. Syracuse	162
9. Wake Forest	233
10. Duke	276
11. Georgia Tech	289
12. Louisville	290
13. Clemson	369
14. Pitt	388
15. Miami	505

2015 @Tallahassee, FL

1. Virginia	71
2. NC State	75
3. Notre Dame	96
4. Syracuse	141
5. North Carolina	150
6. Boston College	159
7. Florida State	172
8. Virginia Tech	213
9. Pitt	241
10. Clemson	244
11. Duke	275
12. Wake Forest	290
13. Louisville	312
14. Georgia Tech	407
15. Miami	450

2016 - @Cary, NC

1. NC State	53
2. Notre Dame	74
3. Virginia Tech	153
4. Louisville	157
5. Syracuse	184
6. Clemson	207
7. Pitt	207
8. Wake Forest	207
9. Florida State	213
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

2017 @Louisville, KY

1. NC State	43
2. Louisville	109
3. Virginia Tech	129
4. Syracuse	134
5. Wake Forest	166
6. Notre Dame	175
7. Duke	180

8. Virginia	182
9. Florida State	210
10. Pitt	210
11. North Carolina	244
12. Georgia Tech	258
13. Boston College	348
14. Clemson	378
15. Miami	461

2018 @Boston, MA

1. NC State	67
2. Notre Dame	68
3. Syracuse	83
4. Florida State	128
5. Virginia Tech	161
6. Duke	179
7. Georgia Tech	184
8. Wake Forest	195
9. Virginia	230
10. Boston College	291
11. Clemson	294
12. North Carolina	294
13. Pitt	320
14. Louisville	324
15. Miami	497

2019 @Blacksburg, VA

1. NC State	64
2. Florida State	76
3. Notre Dame	116
4. Virginia Tech	146
5. Syracuse	154
6. Wake Forest	158
7. Boston College	159
8. North Carolina	196
9. Duke	202
10. Georgia Tech	238
11. Virginia	276
12. Louisville	314
13. Clemson	352
14. Pitt	410
15. Miami	493

2020 @Cary, N.C.

1. NC State	47
2. Georgia Tech	99
3. Florida State	109
4. Duke	114
5. North Carolina	116
6. Notre Dame	116
7. Virginia	205
8. Syracuse	237
9. Boston College	261
10. Wake Forest	287
11. Virginia Tech	292
12. Louisville	303
13. Clemson	320
14. Pitt	406
15. Miami	457

2021 @Notre Dame, Ind.

1. NC State	20
2. North Carolina	87
3. Florida State	102
4. Syracuse	105
5. Notre Dame	114
6. Boston College	216
7. Virginia Tech	219
8. Georgia Tech	229
9. Duke	247
10. Virginia	263
11. Wake Forest	268
12. Pitt	373
13. Louisville	399
14. Miami	407
15. Clemson	407

2022 @Earlsville, Va.

1. NC State	34
-------------	----

2. Notre Dame	38
3. Virginia	98
4. North Carolina	109
5. Florida State	148
6. Syracuse	191
7. Duke	195
8. Virginia Tech	219
9. Wake Forest	226
10. Georgia Tech	240
11. Boston College	339
12. Miami	340
13. Pitt	368
14. Clemson	424
15. Louisville	434

2023 @Tallahassee, Fla.

1. NC State	37
2. Notre Dame	80
3. Virginia	82
4. Syracuse	167
5. North Carolina	172
6. Boston College	183
7. Duke	186
8. Wake Forest	200
9. Georgia Tech	264
10. Virginia Tech	267
11. Florida State	275
12. Pittsburgh	330
13. Louisville	333
14. Clemson	339
15. Miami	412

2024 @Cary, North Carolina

1. Notre Dame	115
2. Stanford	121
3. North Carolina	121
4. Virginia	152
5. NC State	160
6. Boston College	185
7. Florida State	190
8. Syracuse	197
9. Wake Forest	200
10. Louisville	202
11. Clemson	221
12. Georgia Tech	298
13. Virginia Tech	329
14. SMU	367
15. California	392
16. Pitt	410
17. Miami	511
18. Duke	549

Women's South Region History

NCAA South Region Finishes

2001	1. Georgia Tech (54)... 3. Florida State (113)
2002	1. Tennessee (72)... 2. Florida State (74)
2003	1. Tennessee (71)... 2. Florida State (93)
2004	1. Tennessee (78)... 4. Florida State (176)
2005	1. Tennessee (76)... 3. Florida State (118)
2006	1. Georgia (35)... 4. Florida State (84)
2007	1. Florida State (40)... 2. Georgia (75)*
2008	1. Florida State (41)... 2. Florida (64)
2009	1. Florida (33)... 2. Florida State (54)
2010	1. Florida State (24)... 2. Florida (67)
2011	1. Florida State (34)... 2. Vanderbilt (54)
2012	1. Florida State (27)... 2. Vanderbilt (54)
2013	1. Florida State (35)... 2. Vanderbilt (116)
2014	1. Vanderbilt (52)... 2. Florida State (53)
2015	1. Vanderbilt (65)... 4. Florida State (139)
2016	1. Mississippi State (66)... 7. Florida State (208)
2017	1. Mississippi (59)... 4. Florida State (129)
2018	1. Florida State (60)... 2. Florida (64)
2019	1. Florida State (42)... 2. Mississippi (100)
2020	No Meet - COVID-19
2021	1. Mississippi (69)... 2. Florida State (86)
2022	1. Alabama (34)... 2. Florida State (88)
2023	1. Tennessee (61)... 8. Florida State (252)
2024	1. Alabama (63)... 3. Florida State (79)



FSU won its second consecutive and eighth all-time South Region title at home in 2019.

All-Region Selections

1999

Katie Jeffrey

2000

Brooke Bastien

Katie Jeffrey

2001

Vicky Gill

Natalie Hughes

Katie Jeffrey

2002

Vicky Gill*

Natalie Hughes

Misty Harper

Allison Lind

2003

Vicky Gill

Natalie Hughes

Anne Clinton

Helen Hofstede

2004

Laura Bowerman

Natalie Hughes

2005

Laura Bowerman

Abi Wilshire

2006

Susan Kuijken*

Jessica Crate

Amy Huss

Abi Wilshire

2007

Susan Kuijken*

Hannah England

Kirsten Hagen

Audrey Hand

Pilar McShine

Barbara Parker

Lydia Willemse

2008

Kacey Gibson

Susan Kuijken

Pilar McShine

Linzi Snow

Lydia Willemse

Christina Woytalewicz

2009

Pasca Cheruiyot

Jennifer Dunn

Pilar McShine

Jessica Parry

Amanda Winslow

2010

Pasca Cheruiyot

Pilar McShine

Jessica Parry

Jennifer Dunn

Hannah Brooks

Amanda Winslow

Astrid Leutert

2011

Amanda Winslow*

Hannah Brooks

Violah Lagat

Colleen Quigley

Kayleigh Tyerman

Aubree Worden

Jessica Parry

2012

Violah Lagat*

Colleen Quigley

Amanda Winslow

Kayleigh Tyerman

Georgia Peel

Jessica Parry

Jennifer Dunn

2013

Colleen Quigley*

Hannah Walker

Linden Hall

Pippa Woolven

Carly Thomas

2014

Colleen Quigley*

Pippa Woolven

Linden Hall

Bridget Blake

Chelsi Woodruff

2015

Carmela Cardama Baez

Bridget Blake

Christine Griggs

2016

Carmela Cardama Baez

2017

Jodie Judd

Emily Edwards

2018

Militsa Mircheva*

Elizabeth Funderburk

Maudie Skyring

Megan Mooney

Jodie Judd

2019

Maudie Skyring

Elizabeth Funderburk

Addi Coggins

Jodie Judd

Lauren Ryan

Rebecca Clark

2021

Lauren Ryan

Maudie Skyring

Amanda Beach

Rebecca Clark

Jen Lima

2022

Alyson Churchill

Agnes McTighe

Emmy van den Berg

2023

Alyson Churchill

2024

Agnes McTighe

Elizabeth Barlow

Brooke Mullins

Bieke Schippen

* - NCAA South Region champion

Multiple All-Region Selections

Natalie Hughes	4
Jessica Parry	4
Amanda Winslow	4
Colleen Quigley	4
Vicky Gill	3
Katie Jeffrey	3
Susan Kuijken	3
Pilar McShine	3
Wes Rickman	3
Jennifer Dunn	3
Jodie Judd	3
Maudie Skyring	3
Laura Bowerman, Abi Wilshire, Lydia Willemse, Pasca Cheruiyot, Hannah Brooks, Vilah Lagat, Kayeigh Tyerman, Linden Hall, Pippa Woolven, Bridget Blake, Carmela Cardama Baez, Elizabeth Funderburk, Lauren Ryan	2



NCAA South Region Athlete of the Year

2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken
2011	Amanda Winslow
2012	Violah Lagat
2013	Colleen Quigley
2014	Colleen Quigley
2018	Militsa Mircheva

NCAA South Region Coach of the Year

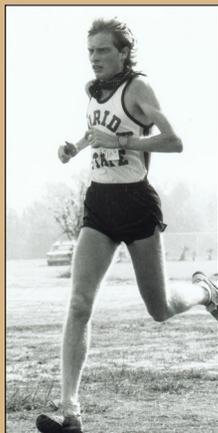
2007	Karen Harvey
2008	Karen Harvey
2010	Karen Harvey
2012	Karen Harvey
2013	Karen Harvey
2018	Kelly Philips
2019	Kelly Philips

Men's All-Metro

- 1976 Donnie Cook
Ron Montgomery
- 1977 Donnie Cook
- 1978 Herb Wills*
Tom Herron
John Hodge
Doug Overfelt
- 1979 Doug Overfelt
Marc Trigg
John Hodge
Herb Wills
Tom Herron
- 1980 Larry Greene*
Herb Wills
Brett Hoffman
John Hodge
Marc Trigg
- 1981 Herb Wills*
Larry Greene
Marc Trigg
Doug Overfelt
Ron Treadway
Phillip Rolle
Scott Taylor
- 1982 Phillip Rolle*
Ron Treadway
Paul Waldron
Richard Lewis
Robert Shackelford
- 1983 Gregg Doss
- 1984 Paul Waldron
Greg Doss
Jeff Muth
- 1985 Matt Farnen
- 1986 Jacob Hosely
David Keen
- 1987 David Keen
- 1988 David Keen
- 1989 David Keen
Allen Williams
Jason Frank
Andy Penick
- 1990 Jason Frank
Matthew Dobson
Rob Circelli

* - Metro Individual Champion

At right: Herb Wills won the first of his two Metro Conference cross country titles as a freshman in 1978, helping the Noles to their first team title. His second title came as a senior in 1981. Below, left to right: Larry Greene and Phillip Rolle also won individual titles, in 1980 and 1982, respectively.



FSU's 1978 men's team won the first of three Metro Conference cross country titles under coach John Brogle.

Men's Metro Championship Results

1976 - @St. Louis, MO

1. Memphis State 43
2. Georgia Tech 65
3. Cincinnati 73
4. Florida State 78
5. Georgia Tech 79
6. Louisville 173

1977 @Cincinnati, OH

1. Saint Louis 38
2. Cincinnati 59
3. Memphis State 71
4. Florida State 78
5. Georgia Tech 99
6. Louisville 142

1978 @Tallahassee, FL

1. Florida State 43
2. Saint Louis 55
3. Virginia Tech 58
4. Cincinnati 90
5. Memphis State 92
6. Louisville 157
7. Tulane 218

1979 @Memphis, TN

1. Florida State 39
2. Virginia Tech 51
3. Memphis State 54
4. Cincinnati 98
5. Saint Louis 140
6. Louisville 152
7. Tulane 196

1980 - @St. Louis, MO

1. Virginia Tech 30
2. Florida State 38
3. Memphis State 86
4. Cincinnati 101
5. Louisville 154
6. Tulane 185
7. Saint Louis NTS

1981 - @New Orleans, LA

1. Virginia Tech 24
2. Florida State 31
3. Cincinnati 97
4. Memphis State 119
5. Louisville 124
6. Tulane 169

1982 @Blacksburg, VA

1. Florida State 37
2. Virginia Tech 41
3. Cincinnati 75
4. Memphis State 91
5. Louisville 124
6. Tulane 155
7. Southern Miss 170

1983 @Cincinnati, OH

1. Virginia Tech 42
2. South Carolina 93
3. Cincinnati 97
4. Florida State 105
5. Memphis State 111
6. Southern Miss 135

7. Louisville 153
8. Tulane 164

1984 - @Tallahassee, FL

1. Virginia Tech 25
2. Florida State 94
3. Louisville 112
4. Memphis State 116
5. South Carolina 118
6. Tulane 130
7. Cincinnati 140
8. Southern Miss 156

1985 - @Louisville, KY

1. Virginia Tech 38
2. Cincinnati 71
3. Memphis State 98
4. South Carolina 99
5. Louisville 101
6. Florida State 110
7. Southern Miss 165

1986 - @Memphis, TN

1. Virginia Tech 39
2. South Carolina 55
3. Cincinnati 72
4. Florida State 102
5. Louisville 115
6. Memphis State 120
7. Southern Miss 127

1987 - @Columbia, SC

1. Virginia Tech 31

2. Louisville 74
3. Cincinnati 87
4. Florida State 92
5. South Carolina 93
6. Southern Miss 155
7. Memphis State 170

1988 - @Hattiesburg, MS

1. Virginia Tech 33
2. South Carolina 83
3. Florida State 85
4. Cincinnati 115
5. Southern Miss 117
6. Louisville 123
7. Memphis 139

1989 - @Blacksburg, VA

1. Virginia Tech 22
2. Florida State 55
3. South Carolina 98
4. Cincinnati 101
5. Memphis 128
6. Tulane 133
7. Louisville 162
8. Southern Miss 226

1990 - @Cincinnati, OH

1. Virginia Tech 24
2. Florida State 64
3. South Carolina 79
4. Louisville 123
5. Cincinnati 139
6. Memphis 145

Women's Metro Results

1985 @Louisville, KY

1. Virginia Tech 29
2. Florida State 39
3. Cincinnati 81
4. Louisville 108
5. Southern Miss 119
6. Memphis State 172

1986 @Memphis, TN

1. Virginia Tech 23
2. Florida State 39
3. Cincinnati 73
4. Louisville 85
5. Memphis State 105

1987 @Columbia, SC

1. Virginia Tech 25
2. Florida State 72
3. Cincinnati 75
4. South Carolina 84
5. Louisville 112
6. Memphis State 126
7. Southern Miss 178

1988 @Hattiesburg, MS

1. South Carolina 41
2. Florida State 46
3. Virginia Tech 72
4. Cincinnati 112
5. Memphis State 112
6. Louisville 118
7. Southern Miss 184

1989 @Blacksburg, VA

1. South Carolina 39
2. Florida State 54
3. Virginia Tech 62
4. Louisville 81
5. Cincinnati 136
6. Tulane 158
7. Memphis State 199
8. Southern Miss 225

1990 @Cincinnati, OH

1. South Carolina 26
2. Louisville 52
3. Virginia Tech 75
4. Florida State 83
5. Cincinnati 145
6. Tulane 184
7. Memphis State 188
8. Southern Miss 226

Women's All-Metro

- 1985 Brenda Moore*
Barbara Matthews
Colleen O'Reilly
Sue Pockell
- 1986 Carrie Boyd
Barbara Matthews
Adrienne Politiowitz
Sharon Farrall
Colleen O'Reilly
- 1987 Carrie Boyd
Michelle Farrall
- 1988 Carrie Boyd
Michelle Farrall
Colleen O'Reilly
Angela Harris
- 1989 Carrie Boyd*
Michelle Farrall
Angela Harris
- 1990 Tracy Howze



Moore



Boyd

* - Metro Individual Champion

All-ACC Academic

Men

2006
Tom Lancashire
Andrew Lemoncello

2007
Mark Buckingham
Matt Leeder
Daniel Roberts

2008
Matt Leeder
Jason Lakritz

2009
Matt Leeder
Michael Fout

2010
Michael Fout
David Forrester
Jakub Zivec

2011
Michael Fout
Seth Proctor

2012
Seth Proctor
Paul Lagno
Jakub Zivec

2013
Kevin Johnson
Jakub Zivec

2014
Antony Taylor
Otniel Teixeira
Tyler Udland

2015
Bryce Kelley
Stanley Linton

2016
Bryce Kelley
Steven Cross

2017
David Barney
Stanley Linton
Istvan Szogi

2018
Steven Cross
Caleb Pottorff
Istvan Szogi

2019
Steven Cross
Kasey Knevelbaard
Caleb Pottorff
Paul Stafford

2020
Caleb Pottorff
Paul Stafford

2021
Silas Griffith
Ahmed Muhumed
Adriaan Wildschutt

2022
Ander son Ball
Zach Cloud
Gabriel Curtis
Sam Field
Jacob Holmes
Matthew Newland
Cooper Schroeder

2023
Cooper Schroeder

Zach Cloud
Matt Newland
Sam Field
Anderson Ball
Gabe Curtis
Jacob Holmes

Women 2006

Amy Huss
Abi Wilshire

2007
Hannah England
Kirsten Hagen
Susan Kuijken
Lydia Willemse

2008
Lydia Willemse
Lesley Van Miert

2009
Susan Kuijken
Pasca Cheruiyot
Jennifer Dunn
Jessica Parry
Amanda Winslow

2010
Jennifer Dunn
Pasca Cheruiyot
Pilar McShine
Jessica Parry
Hannah Brooks
Amanda Winslow

2011
Hannah Brooks
Amanda Winslow
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Aubree Worden

2012
Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow

2013
Colleen Quigley
Linden Hall
Hannah Walker
Pippa Woolven

2014
Colleen Quigley
Linden Hall
Pippa Woolven
Georgia Peel

2015
Carmela Cardama Baez
Christine Griggs
Georgia Peel

2016
Carmela Cardama Baez
Catherine Blaney

2017
Emily Edwards
Jodie Judd
Militsa Mircheva

2018
Elizabeth Funderburk
Jodie Judd
Militsa Mircheva
Megan Mooney
Maudie Skyring

2019
Addi Coggins

ACC Scholar-Athletes of the Year

Men

2009 Matt Leeder
2011 Michael Fout
2012 Jakub Zivec
2021 Adriaan Wildschutt
2024 David Mullarkey

Women

2008 Lydia Willemse
2009 Susan Kuijken
2010 Jennifer Dunn
2011 Hannah Brooks

Elizabeth Funderburk
Jodie Judd
Erin Phelps
Lauren Ryan
Maudie Skyring

2020
Rebecca Clark
Addi Coggins
Elizabeth Funderburk
Maudie Skyring

2021
Amanda Beach

Jen Lima
Agnes McTighe
Erin Phelps
Lauren Ryan
Maudie Skyring

2022
Yasmine Abbes
Riley Bahr
Alyson Churchill
Marit Griep
Agnes McTighe
Rebecca (Clark) Pottorff
Dani Thompson

2023

Emmy Van Den Berg
Agnes McTighe
Alyson Churchill
Yasmine Abbes
Caitlyn Wilkey
Rebecca (Clark) Pottorff
Riley Bahr
Dani Thompson
Marit Griep

USTFCCCA All-Academic

Men

2006
Thomas Lancashire
Andrew Lemoncello

2009
Matthew Leeder

2010
Michael Fout
Ciaran O'Lionaird

2011
Michael Fout

2012
Seth Proctor
Jakub Zivec

2014
Tyler Udland

2015
Stanley Linton

2017
David Barney

2018
Stanley Linton

2018
Steven Cross
Caleb Pottorff

2019
Steven Cross
Caleb Pottorff

2021
Ahmed Muhumed
Adriaan Wildschutt

2022

Cooper Schroeder

Women

2000
Brooke Bastien

2006
Amy Huss

2007
Kirsten Hagen
Audrey Hand
Lydia Willemse

2008
Lydia Willemse

2009
Jennifer Dunn
Jessica Parry
Amanda Winslow

2010
Hannah Brooks
Jennifer Dunn
Jessica Parry
Amanda Winslow

2011
Hannah Brooks
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
Aubree Worden

2012

Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow

2013
Colleen Quigley
Linden Hall
Hannah Walker
Pippa Woolven

2014
Pippa Woolven
Linden Hall
Colleen Quigley

2015
Carmela Cardama Baez
Christine Griggs

2016
Carmela Cardama Baez

2017
Emily Edwards
Jodie Judd

2018
Elizabeth Funderburk
Militsa Mircheva
Megan Mooney
Maudie Skyring

2020
Yasmine Abbes
Alyson Churchill

Rebecca Clark
Kayla Easterly
Jodie Judd
Jen Lima
Maudie Skyring

2021
Amanda Beach
Rebecca Clark
Jennifer Lima
Lauren Ryan
Maudie Skyring

2022
Alyson Churchill
Agnes McTighe
Emmy Van den Berg

Men's Team

Year	Team	GPA
1996	Florida State	3.09
2000	Florida State	3.13
2010	Florida State	3.11
2011	Florida State	3.13
2012	Florida State	3.207
2013	Florida State	3.37
2014	Florida State	3.00
2017	Florida State	3.17
2018	Florida State	3.14
2020	Florida State	

Women's Team

Year	Team	GPA
1996	Florida State	3.29
1999	Florida State	3.25
2000	Florida State	3.27
2002	Florida State	3.13
2005	Florida State	3.372
2006	Florida State	n/a
2007	Florida State	3.29
2010	Florida State	3.187
2011	Florida State	3.33
2012	Florida State	3.339
2013	Florida State	3.14

2014	Florida State	3.36
2015	Florida State	3.286
2016	Florida State	3.36
2017	Florida State	3.48
2018	Florida State	3.59
2019	Florida State	3.69
2020	Florida State	
2021	Florida State	
2022	Florida State	3.62